



## Health Effects of Lead

High levels of lead in drinking water can cause health problems. Lead is most dangerous for pregnant women, infants, and children under 6 years of age. It can cause damage to the brain and kidneys, and can interfere with the production of red blood cells that carry oxygen to all parts of your body. Exposure to high levels of lead during pregnancy contributes to low birth weight and developmental delays in infants. In young children, lead exposure can lower IQ levels, affect hearing, reduce attention span, and hurt school performance. At *very* high levels, lead can even cause brain damage. Adults with kidney problems and high blood pressure can be affected by low levels of lead more than healthy adults.

## How Lead Enters our Water

Lead is unusual among drinking water contaminants in that it seldom occurs naturally in water supplies like groundwater, rivers and lakes. Lead enters drinking water primarily as a result of the corrosion, or wearing away, of materials containing lead in the water distribution system and in building plumbing. These materials include lead-based solder used to join copper pipe, brass, and chrome-plated brass faucets. In 1986, Congress banned the use of lead solder containing greater than 0.2% lead, and restricted the lead content of faucets, pipes and other plumbing materials. However, even the lead in plumbing materials meeting these new requirements is subject to corrosion. When water stands in lead pipes or plumbing systems containing lead for several hours or more, the lead may dissolve into the drinking water. This means the first water drawn from the tap in the morning *may* contain fairly high levels of lead.

## Lead in Drinking Water

Lead in drinking water, although rarely the sole cause of lead poisoning can significantly increase a person's total lead exposure, particularly the exposure of children under the age of 6. EPA estimates that drinking water can make up 20% or more of a person's total exposure to lead.

## For More Information

A copy of the test results is available in our central office for inspection by the public, including students, teachers, other school personnel, and parents, and can be viewed between the hours of 8:30 a.m. and 4:00 p.m. and are also available on our website at [Staffordschools.org](http://Staffordschools.org). For more information about water quality in our schools, contact Michael Nikola at the Facilities Department, 609-978-5700 ext.1045.

For more information on reducing lead exposure around your home and the health effects of lead, visit EPA's Web site at [www.epa.gov/lead](http://www.epa.gov/lead), call the National Lead Information Center at 800-424-LEAD, or contact your health care provider.

If you are concerned about lead exposure at this facility or in your home, you may want to ask your health care providers about testing children to determine levels of lead in their blood.

Sincerely,

George J. Chidiac  
Superintendent of Schools